

# WELLNESS PROGRAM CLASS SCHEDULE

Winter II (7 week session)  
February 26-April 15

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BodyCombat (Les Mills) (Studio)</b> *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126 ***Fee: M FREE, NM \$42	5:05-6:00 a.m.** Tricia 4:30-5:30 p.m.* Sara	8:20-9:20 a.m.* Sara	5:05-6:00 a.m.** Tricia 4:30-5:30 p.m.* Sara	8:20-9:20 a.m.* Sara	5:05-6:00 a.m.** Tricia	8:20-9:20 a.m.** Matt	
<b>BodyBalance (Les Mills) (studio)</b> *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$84	6:05-6:50 a.m.* Char	9:30-10:30 a.m.** Romi	6:05-6:50 a.m.* Char	9:30-10:30 a.m.** Romi			
<b>BodyPump (Les Mills) (Studio)</b> *Fee: M FREE, NM \$84 **Fee: M FREE, NM 126 ***Fee: M FREE, NM \$42	8:30-9:30 a.m.** Terri 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Terri 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Grace	9:30-10:30 a.m.** Michelle	
<b>Cardio &amp; Tone (Studio)</b> *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126	9:40-10:40 a.m.** Olivia 5:35-6:35 p.m.* Emily		9:40-10:40 a.m.** Olivia 5:35-6:35 p.m.* Emily		9:40-10:40 a.m.** Olivia		
<b>Cycling (Bike Room)</b> *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$31.50	12:10-12:40 p.m.* Terri 5:30-6:15 p.m.* Andrea	6:00-6:45 a.m.* Stephen	12:10-12:40 p.m.* Terri 5:30-6:15 p.m.* Andrea	6:00-6:45 a.m.* Stephen	12:10-12:40 p.m.* Terri 5:00-5:45 p.m.** Ken	9:30-10:15 a.m.** Tim	
<b>H.I.I.T. (Studio)</b> Fee: M FREE, NM \$42		4:45-5:15 p.m. Matt		4:45-5:15 p.m. Matt			
<b>Indo-Rowing Circuit (Room 305)</b> Fee: M FREE, NM \$42		12:00-12:30 p.m. Olivia		12:00-12:30 p.m. Olivia			
<b>Kettle Bell (Room 305)</b> Fee: M FREE, NM \$63	6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia		
<b>Les Mills Core (Room 305)</b> Fee: M FREE, NM \$49	5:15-5:45 a.m. Char 9:40-10:10 a.m. Stephen 5:30-6:00 p.m. Ken		5:15-5:45 a.m. Char 9:40-10:10 a.m. Stephen 5:30-6:00 p.m. Ken				
<b>Pound (gymnastics room)</b> Fee: M FREE, NM \$42							12:05-1:05 p.m. Kara
<b>Silver Sneakers (Room 306)</b> Fee: M FREE, NM \$53 *Fee: M FREE, NM \$35	10:45-11:30a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Terri	8:30-9:15 a.m. * (Cardio) Linda 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Alexandria	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Terri	8:30-9:15 a.m. * (Cardio) Linda 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Linda	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Terri		
<b>Zumba (Studio)</b> Fee: M FREE, NM \$84		6:45-7:45 p.m. Alexandria		6:45-7:45 p.m. Alexandria			
<b>Yoga (Room 305 or Studio)</b> Fee: M FREE, NM \$42							Deep Stretch 1:15-2:30 p.m. Kara



**BE HEALTHY  
BE STRONG  
BELONG**

**We have a group exercise class to meet every level, every schedule, and every goal. Try a class today. FREE for Members, \$8 per class for non-members!**

- Many classes offer modifications to accommodate a wide range of exercise levels.
- New participants please try to arrive 10-15 minutes early for the first class to meet the instructor and get class specific instructions.